

Helpful Hints

Get support by attending Multi-Family Groups and talking to the EASA team about how you can participate in the recovery process.

Information and support conquer stigma.

Take care of yourself. This is also very important if you are the young person's primary support.

When the individual is experiencing symptoms, refocus conversation to everyday concrete topics that are reality-based in a nonjudgmental way.

Create an emotionally calm environment as much as possible.

Increased stress may increase symptoms. Practice stress management.

Environments can be altered to decrease distractions; lower background noises, dim lights, have one conversation at a time.

Remember that recovery takes time.



Baker County EASA
Early Assessment & Support Alliance
3425 13th ST
Baker City, OR 97814
Phone: 541-523-7400
Fax: 541-523-4927

Direct line for screening requests or questions: ***Karyn Wallace***
541-519-3239

Screenings for EASA can take place in home, school, community or office.

New Directions Northwest
Crisis line 541-519-7126

24/7 National Suicide Prevention
Lifeline 1-800-273-8255



Up-to-date contact info and more at
the EASA Statewide Network
www.easacommunity.org



Early Assessment and Support Alliance



What is EASA?

EASA is a statewide network of programs which identify youth with symptoms of psychosis as early as possible and provide support, information, education and research-based treatment interventions.

**EARLY INTERVENTION
INCREASES
LONG-TERM SUCCESS**

Who does EASA serve?

EASA is an early intervention program serving young people ages 12 to 25 who have had a first episode of psychosis within the last 12 months or who are experiencing early at-risk symptoms for psychosis, and their families. The goal of EASA is to identify individuals with a new psychosis as soon as possible in order to minimize the negative impact on their lives.

What is psychosis?

Acute symptoms of psychosis include hallucinations (seeing and hearing things others don't); delusions (bizarre, out-of-character, fixed beliefs); and disturbances to speech, emotional expression, and movement. Onset of these symptoms usually occurs gradually. The word psychosis refers to a state in which a person experiences some or all of the following:

What causes psychosis?

There are many possible causes of psychosis, including: physical illness, drug use, trauma, prolonged insomnia, high levels of stress and/or biological predisposition. Because every individual's experience is different, the EASA team takes time to identify possible causes of the psychosis based on an individualized assessment.

Psychosis is more common than you think. Psychosis can happen to anyone. It affects approximately 3 out of every 100 young people and recovery is absolutely possible.



People can and do recover from psychosis

When should I ask for a screening or make a referral?

Request a screening if someone may be experiencing the early signs of psychosis. If a person is having **new, significant and worsening difficulties in several** of the following areas, call for a consultation:

1. Reduced performance

- Trouble reading or understanding complex sentences
- Trouble speaking or understanding what others are saying
- Becoming easily confused or lost
- Trouble in sports or other activities that used to be easy (Example: can't dribble basketball or pass to team members)
- Attendance problems related to sleep or fearfulness

2. Behavior changes

- Extreme fear for no apparent reason
- Uncharacteristic actions or statements that make no sense
- Impulsive and reckless behavior (giving away all belongings, etc.)
- New, bizarre beliefs
- Incoherent or bizarre writing
- Extreme social withdrawal
- Decline in appearance and hygiene
- Dramatic changes in sleep (sleeping almost not at all or all the time)
- Dramatic changes in eating behavior

3. Perceptual changes

- Fear that others are trying to hurt them
- Heightened sensitivity to sights, sounds, smells or touch
- Making statements like "my brain is playing tricks on me"
- Hearing voices or other sounds that others don't
- Reporting visual changes (colors more intense, faces distorted, lines turned wavy)
- Racing thoughts
- Feeling like someone else is putting thoughts into their brain or that others are reading their thoughts

Hope is important



How can EASA help?

Our services include:

Intake Screening: Together we will decide if EASA is the right program for you. If not, EASA will assist you with finding other help.

Counseling, Crisis Management and Case Consultation: Individual, family or group counseling focused on achieving your goals and supporting recovery. Accessing resources and supporting school/work goals. We also address health needs and support you in accessing medical care and practicing a healthy lifestyle.

Psychiatric Services: Our medical psychiatric professionals will work with you and, if you choose medication, will effectively utilize low-dose medication to manage symptoms and minimize side effects.

Multi-Family Groups: Staying on the same page as family members and other supports can be a challenge. Groups meet to work on brainstorming and problem-solving skills. Come alone or with family.

Family Education: Family education may occur in periodic workshop settings or home and community.

